

IS IT WORTH IT?

365 calories



30 minutes
of high-impact step aerobics

or

30 minutes
on a ski machine

or

30 minutes
of moderate calisthenics

or

45+ minutes
of vigorous weight lifting

or

60+ minutes
of water aerobics

30-60 minutes



HOW MUCH EXERCISE DO YOU HAVE PLANNED TODAY?

Source: <https://www.health.harvard.edu/newsweek/Calories-burned-in-30-minutes-of-leisure-and-routine-activities.htm>
Estimated calories and exercise time based on 155-pound individual.



BJA
Bureau of Justice Assistance
U.S. Department of Justice

This project was supported by Grant No. 2016-VI-BX-K003 awarded by the Bureau of Justice Assistance. The Bureau of Justice Assistance is a component of the U.S. Department of Justice's Office of Justice Programs, which also includes the Bureau of Justice Statistics, the National Institute of Justice, the Office of Juvenile Justice and Delinquency Prevention, the Office for Victims of Crime, and the Office of Sex Offender Sentencing, Monitoring, Apprehending, Registering, and Tracking (SMART). Points of view or opinions in this document are those of the author and do not necessarily represent the official position or policies of the U.S. Department of Justice.



WWW.VALORFORBLUE.ORG